

Daily Affirmations-May 2016

Affirmations are short, positive statements of belief and behavior. We use affirmations to change beliefs that led us to destructive, anti-social or addictive behavior in the past. **Affirmations** have been proven effective through research in addiction recovery. They are known to help people change behavior and get better results in life.

Affirmations support positive social learning. In social learning, we learn by interacting with others and gaining insight into managing our thinking and our environment.

Affirmations are adopted through engaging in self-talk, journaling, discussing them with peers and by practicing new and more productive behaviors. **Affirmations work!**

Sunday, May 1 st	Let God loves you for who you are.
Monday, May 2 nd	the one who angers us controls us. I am in control.
Tuesday, May 3 rd	Little things make a big difference.
Wed., May 4 th	Start doing what's necessary, then what's possible. Soon you're doing the impossible.
Thursday, May 5 th	We get what we give.
Friday, May 6 th	Cravings last only a few moments. Addiction can last a lifetime.
Saturday, May 7 th	Positive thinking turns everything around.
Sunday, May 8 th	To err is human; to forgive, divine.
Monday, May 9 th	It takes both rain and sunshine to make a rainbow.
Tuesday, May 10 th	Keep your head up. Things will go up from here.
Wed., May 11 th	Respecting others first comes with respecting yourself.
Thurs., May 12 th	Live positive with God in your heart.
Friday, May 13 th	The journey ahead is never greater than the power within you.
Saturday, May 14 th	Love yourself first.
Sunday, May 15 th	I am a winner. No matter the obstacles.
Monday, May 16 th	Adapt and overcome. You've been through worse.
Tuesday, May 17 th	Stay positive. Always try.
Wed., May 18 th	If it feels like everything's gone, means you have unlimited capacity.
Thurs., May 19 th	I have opened my eyes. I am blessed.
Friday, May 20 th	Change starts with you.
Saturday, May 21 st	Fight your battles one day at a time, one second at a time. Change is sure to come.
Sunday, May 22 nd	The battle is not yours alone. It's the Lord's.
Monday, May 23 rd	Healthier life. Happier life.
Tues., May 24 th	Fly into rage and you'll always have a bad landing.
Wed., May 25 th	Do the right thing the first time. No need for do-overs.
Thurs., May 26 th	Pray. Eat. Sleep. The days will get better.
Friday, May 27 th	Seek the light. The smallest ray overcomes all darkness.
Sat., May 28 th	Live. Love. Laugh. Think.
Sunday, May 29 th	Take the next step. God will help you take the next two.
Monday, May 30 th	Live for today. Tomorrow is promised to no one.
Tuesday, May 31 st	Just when the caterpillar thought life was over, it became a butterfly.

Note: These affirmations were inspired by and provided by women residents of Hope Hall.

Please feel free to offer your own favorite or most powerful affirmations.

"In the middle of difficulty lies opportunity"- Albert Einstein

In Recovery from Addiction? Go to a meeting. Seek strength from your Fellowship & Higher Power.
One Day at a Time.